## ANATOMY OF A TANTRUM



## Tantrums are fueled by a progressively spiraling lower HAPPINESS level.

Event

## Parents have minor argument

 in the morning in front of childInstructed to stop jumping on bed, brush teeth well,
can't have favorite sugar cereal, clean up mess, stop shouting,
and share favorite to with younger brother
all within a period of 20 minutes.

Had to leave park after only 20 minutes when he was just getting into it to go to doctor. Not given 5 minute warning to mentally prepare for loss of pleasurable activity

## Effect on <br> Contentment Level

 further lowered contentment level.

Feels his need to play is not taken seriously or wisely handled. Would have been better off not going to the park in the first place because child lacks the maturity to limit play to 20 minutes.

Defusing Tactic


Reduce commands by 20 percent which will increase compliance with fewer remaining commands. Overlook, tolerate and enjoy minor mischief, as it is normal. Perform cost/benefit analysis. Is benefit of possible compliance with a command worth lowered happiness level and risk of tantrum?

Reflect feelings of disappointment sincerely: "Oh you're so disappointed we have to leave the park so soon. That makes you feel really upset." Give him 5 more minutes. Possibly promise pleasurable activity after the doctor


> Note that by carefully injecting happiness and good feelings into the child's day at any level of the spiral, would have prevented the further descent and its result. Tantrums are entirely preventable by meticulously swooping in and providing for the child's emotional needs ahead of time.

Never fear that you are spoiling a child by making him or her happy! It is precisely the lack of happiness which causes children to act spoiled!

Child-Centered Play Therapy is truly magical in its ability to reduce tantrums. In the Playroom, I give the child such an exhilarating sense of control over his own life, self-determination, increased self-esteem and self-respect, that his baseline happiness level is so elevated that tantrums become a non-issue.

Concurrently I offer Parenting Counseling, where I help you come up with your own solutions to your child's issues, helping you develop a step-by-step plan to raise his or her happiness level and resolve the whole problem!

